
Have you experienced
**discrimination and harassment in
health and mental health services?**

- Have you been treated with a lack of respect or been confronted with inappropriate or condescending comments?
- Have you been compelled to accept the prescribed treatment?
- Have you been treated without understandable information about the risks and side effects of the drugs and about alternative treatment methods?
- Did you not receive anaesthetics or sterile bandages after you self harmed?
- Have you experienced a situation where your requests for health care or legal support were laughed at?
- Have you received psychiatric drugs not for medical reasons, but to quieten you down and discipline you?
- Have you been addressed in a discriminating way, i.e. by calling you by your first name when you feel this is not appropriate?
- Has your wish to read your own treatment records been rejected?
- Have your relatives or carers been treated in a discriminating way?

DO NOT ACCEPT DISCRIMINATION

PLEASE CONTACT YOUR NATIONAL AGENCIES FOR MORE INFORMATION
ON WHERE TO GET HELP